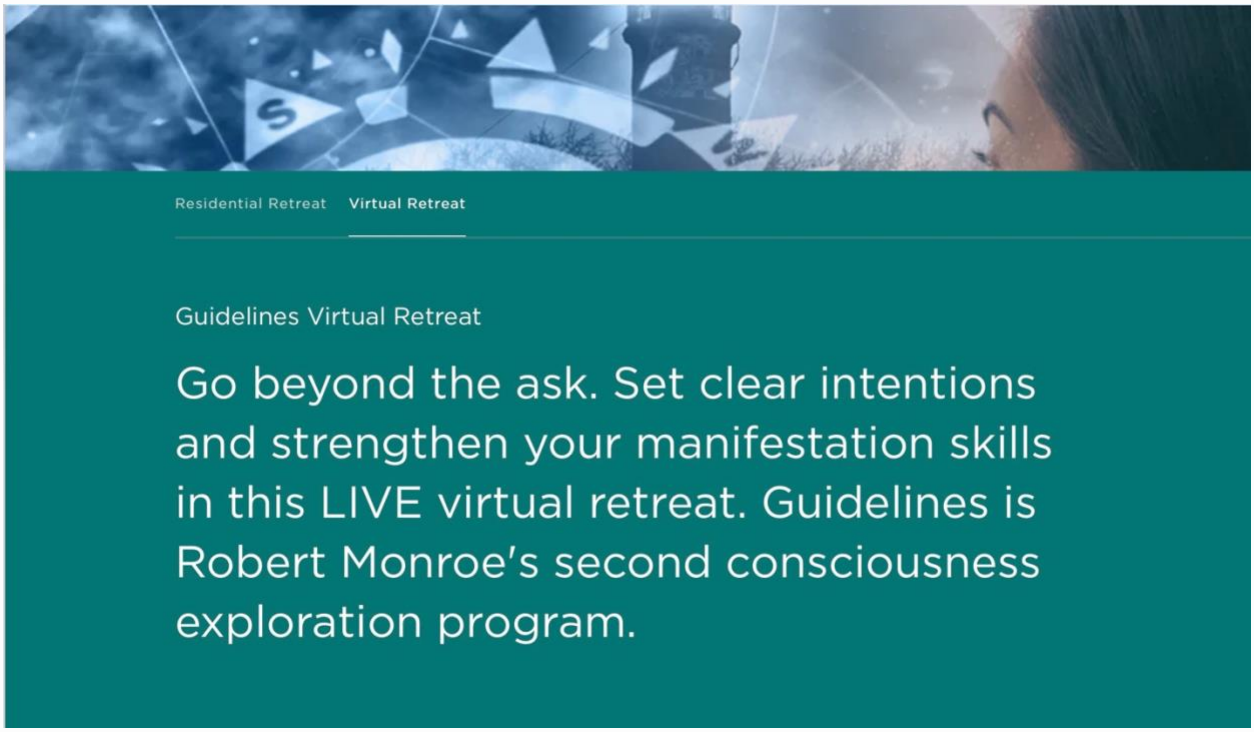
2023 Web Write-Up


Residential Retreat
Virtual Retreat
Guidelines Virtual Retreat
Go beyond the ask. Set clear intentions and strengthen your manifestation skills in this LIVE virtual retreat. Guidelines is Robert Monroe's second consciousness exploration program.

Virtual Program
$995.00
4 1/2 days

Prerequisites
Gateway Experience
Gateway Voyage
Gateway Voyage Virtual Retreat
Only one of the prerequisites above is required

A Monroe Institute classic for more than 40 years, Guidelines® is second in a series of consciousness exploration retreats designed by Robert A. Monroe. In this powerful four-and-a-half-day program, you'll discover how to go within, deepen your intuitive channels and access your inner guidance.

Continue exploring Focus 15 and Focus 21. Guidelines builds upon skills you gained during Gateway Voyage. It advances your exploration of Focus level 15 ("No Time") and Focus level 21 ("The Bridge")—that elusive state between the physical and non-physical. Focus 21 is also the state where out-of-body experiences can occur.

Receive guidance on multiple levels. During this deeply meditative journey, you'll discover how to cultivate a lasting, trusted relationship with your "inner-self helper"—and receive guidance from your higher self. You'll also learn to seek guidance from other intelligences and forms of energy!

Go beyond the ask. Seeking inner guidance goes beyond the ask. It requires you to set clear intentions and strengthen your manifestation skills. You'll have many chances to hone these skill sets during Guidelines. When you're ready, you can shift your role from receiver to sender by sharing healing energy with others.

(This video is linked in the details section below.)

Benefit from the halo effect. Guidelines participants report a greater sense of confidence in their ability to access inner guidance. Most experience related benefits called the "halo effect": expanded intuitive abilities, profound inner wisdom, enhanced manifestation skills, greater appreciation of self and feelings of peace and trust in life.

Use technology to enhance your experience. Special Hemi-Sync® audio guidance technology supports your consciousness journey beyond your physical body. So do phasing signals derived from our sophisticated brain mapping technology.

How it works

1. Guidelines Virtual Retreat is a 5 ½ day real-time interactive online retreat.

2. The daily schedule is based on each virtual retreat's specific time zone.

    1. Day 1 begins at 2:00 pm with an overview, introductions, logistics and an audio exercise. The day ends at 6 pm.
    2. Days 2-6 begin at 9:00 am. Each day is different and includes 3-4 audio meditation exercises, activities, videos, and short presentations with a break for lunch between 1-3:00. Each day ends at 6:00 pm. With an optional gathering from 6-6:30 (Sat-Wed) for an unstructured, open time on Zoom for you to meet with your new friends after the class or to request private conversations with your facilitators.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.
4. Reliable internet connection with a recommended minimum internet speed of 5 Mbpsfor streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high-quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.
6. To ensure you have true stereo sound, you can use this Audio Test. You should hear a pulsating frequency from ear to ear. *(See the in the details section below)*
7. What's App will be used to communicate during the program. This app also allows the group to continue to communicate after the program is completed.
8. Optional Sleep exercises "Letting Go Into Sleep" and" Dream Sanctuary" can be streamed from Monroe Website. *(See the in the details section below)*

What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.

 Trainer Facilitation Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.	 *Additional Audio Exercises* Continue your exploration once the program has ended with a take home audio exercise.